# 12U CLINIC - TUESDAYS & THURSDAYS - 5PM - 6PM

| CRITERIA - 12U Clinic | YELLOW 1: New or Less Experienced Players<br>HAND FEEDS: Limited Rally with coach<br>MAIN EMPHASIS: Racket skills and develop consistency | YELLOW 2: Moderately Experienced Players<br>RACKET FEEDS: Rally with Coach<br>MAIN EMPHASIS: Topspin technique | YELLOW 3: Experienced Players<br>RALLY: Player to Player<br>MAIN EMPHASIS: Moving back on high balls |
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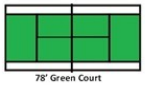
| COMMITMENT OF STUDENT: How many days per week your child should play | Attend Clinic 2 Days a Week (Tues/Thurs 5pm - 6pm) | • Attend Clinic 2 Days a Week (Tues/Thurs 5pm - 6pm)<br>• Plus 1 lesson or play on your own<br>• Possibly 1 tournament and play Jr Team Tennis | • Attend Clinic 2 Days a Week (Tues/Thurs 5pm - 6pm)<br>• PLUS 1 lesson or play on own<br>• 3 tournaments a year and play Jr. Team Tennis |
| AVERAGE TIME BEFORE ADVANCEMENT to "Next Clinic Level" | 2-6 MONTHS | 3-9 MONTHS | 3-9 MONTHS |
| STROKE & TECHNIQUE USED AT THIS DEVELOPMENT STAGE | • FH: Introduce Small "C" loop and topspin<br>• BH: Work on differentiating & preparing for BH<br>• Serve Oscar Wegner: Stance, feet still, hit target, freeze on follow through<br>• Volleys w/ limited movement | • FH: Small "C" Loop and topspin<br>• BH: correct grip, switch grips from FH to BH<br>• Serve: Oscar Wegner stance, feet still, hit target, begin follow through<br>• Volley: blocking motion | • FH: Small "C" Loop and topspin<br>• BH: correct grip, switch grips from FH to BH<br>• Serve: Oscar Wegner Serve: stance, feet still, hit target, follow through, accelerate.<br>• Volley: blocking motion and poaching<br>• Introduce loading and open stance |
| RALLY DEVELOPMENT/ SEQUENCE | • Warm Up with Red Ball Rally from Service Line<br>• Rally with a Coach<br>• Drop and Hit<br>• Lobster or Sword and Shield/bump it up<br>• Hand Toss Rally with immediate hand feed on miss | • Warm Up progression rallies with Red, Orange, Green Dot, and Yellow Balls<br>• 5 rally balls in a row and then progress to next "color" ball<br>• Trying to rally with topspin | • Warm Up with Red & Orange Ball<br>• Rally Player to Player<br>• Player to Player Rallies hitting cross court and down line<br>• Consistency on rallies trying to make 5-10 shot rallies |
| SERVE | • OH Serve--strive for simple success | • OH Serve: Strive for consistency and placement | • OH Serve: Begin to hit serve with spin, location, and moderate power<br>• Start games and rallies w/serves |
| POINTS/GAMES | • Players vs Coaches<br>• Introduce Player vs Player games<br>• Introduce scoring system: Sets to 4 games no ad scoring. | • Player vs Player 4 game sets | • Player to Player 4 games sets<br>• 2 out of 3 sets with tiebreaker for 3rd set<br>• Play no ad or deuce scoring |
| Court Size, Color of Balls, Racket Size | • Regular size court<br>• Green Dot balls and Yellow Balls<br>• Appropriate 26" or 27" racket | • Regular size court<br>• Yellow balls<br>• Appropriate size 26" or 27" racket | • Regular size court<br>• Yellow balls<br>• Appropriate size 27" racket |
| TACTICAL INTENTION | • Get to the shot on balance<br>• Make it over the net. | • Get to the shot on balance<br>• Control the placement of the shot hitting crosscourt with topspin | • Use patterns of play changing depth and angles<br>• Understands when to attack and when to defend<br>• Understands when to hit On the Rise or Hit High |
| DRILLS/ACTIVITIES/GAMES | • Eye Coach Machine for Technique<br>• Lobster Progression • "Swords and Shields"<br>• Hand Toss Rally Feeds • Champs vs Chumps<br>• Champ of the Court | • Eye Coach Machine for Technique/Timing<br>• "Swords and Shield" • Champs vs Chumps<br>• Champ of Court • Red Rover | • Advanced Spin Drills • "Shield and Sword"<br>• Champs vs Chumps • Champ of Court • Red Rover<br>• 2 on 1 Progression |
| TESTING CRITERIA TO MOVE UP TO THE NEXT CLINIC LEVEL<br>EXTRA CREDIT:<br>•Purchase Eye Coach<br>•4 Weeks of Eye Coach Training at home—5 minutes a day<br>•Send email and recording of training tracking progress. | NEXT CLINIC LEVEL IS "YELLOW 2"<br>• Able to rally 5 balls in a row with a coach (FH and BH)<br>• Able to make 5 out of 10 serves in the correct box<br>• Able to execute 5 out of 10 FH's crosscourt from coaches hand feeds<br>• Able to execute 5 in a row "Shield and Sword" | NEXT CLINIC LEVEL IS "YELLOW 3"<br>• Student can rally 5 balls in a row with another student of similar ability<br>• Student can make 5 out 10 serves in correct box WITH PROPER TECHNIQUE<br>• Student needs to be able to make 5 out of 10 high balls from a coaches feed with topspin<br>• Student can make 5 in a row "Sword and Shield" demon-strating ability to hit some topspin | NEXT CLINIC LEVEL IS "TOURNAMENT LEVEL 1"<br>• Student can rally 10 balls in a row crosscourt often times using moderate topspin vs a student of similar ability<br>• Student can make 7 out of 10 serves to specific targets in box<br>• Student needs to be able to make 10 balls in a row alternating hitting Crosscourt and Down the Line-majority of balls have topspin (2 on 1 Formation) |

Billie Jean King's Eye Coach — Your Personal Tennis Trainer

United States Tennis Association

PTR Professional Tennis Registry



## 2015 JUNIOR TENNIS LEAGUES

- **MATA SPRING JUNIOR TENNIS LEAGUE**

  **Spring League Geared toward teams of**
  **5th & 6th Graders (5-6 Players per team)**
  **(We will entertain interest for 3rd/4th. If interest in 7th/8th grades, we can have a non-team league of singles)**
  Wednesdays, 6:00pm - 7:30pm
  March 18 - April 29, 2015

- **MATA SUMMER JUNIOR TENNIS LEAGUE**

  **Open to ages 8-18 (3 girls/3 boys per team MINIMUM)**
  **Teams of 8U, 10U, 12U, 14U, 18U**
  Qualifying Season for Junior Team Tennis State Championships in Auburn, July 10 - 12, 2015
  Dates and times in June TBA based upon Participation

- **MATA FALL JUNIOR TENNIS LEAGUE**

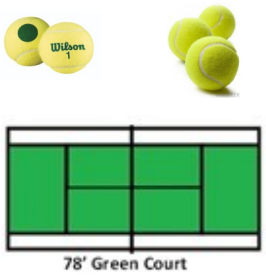
  **Open to ages 8-18 (5-6 Players per team)**
  **Teams of 8U, 10U, 12U, 14U, 18U players**
  Wednesdays, 6:00pm - 7:30pm
  September 16 - October 21, 2015

If interested in participation in any of these leagues or for more information, please contact our Local Junior Team Tennis League Coordinator, Linda Bogolin at jrteamtennismobile@gmail.com

# Mobile Tennis Center 12 & Under Tennis Clinic

5-6pm
Tuesdays & Thursdays
Cost: $90 / 4 week session

**3 Levels of Instruction:**
**Yellow 1**: New & Less Experienced Players
**Yellow 2**: Moderately Experienced Players
**Yellow 3**: Experienced Players

Ages 11-12
Green Dot and Yellow Balls
Full Size Court, 26” - 27” Racket

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